

**Report on a Visit to Pingelap Atoll,
Pohnpei, Federated States of Micronesia**

**Documenting and Promoting Local Food Crops
A Project of the Island Food Community of Pohnpei
January 5-8, 2007**



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Background

The Pohnpei Traditional Food for Health project, based in Mand, coordinated by the Island Food Community of Pohnpei (IFCP) in collaboration with the Centre for Indigenous Peoples' Nutrition and Environment (CINE) (Kuhnlein et al. 2004), generated much data from May to August 2005 relating to Pingelapese food customs, crops and varieties (Englberger et al. 2005). A visit to Pingelap was important for the Mand Project in providing further background material, as well as documentation of the traditional food system and promotion of local foods.

The Island Food Community of Pohnpei initiated plans in 2005 to visit Pingelap Atoll for documenting the traditional food system, including giant swamp taro and pandanus. The Office of Economic Affairs and Pingelap Representative in Pohnpei supported this visit (Apis 2005). Due to problems related to a lack of repairs to the runway, the scheduled flight could not be made. The ship voyages (which were few) did not fit the schedule of the IFCP staff. Flights were then resumed in late 2006 and the present visit was made.

The preparations for the visit included informing the Pingelap Municipal Government and a literature review (Damas 1994).

The team from Pohnpei included: Kiped Albert, IFCP/Pohnpei Agriculture of the Office of Economic Affairs; Dr. Lois Englberger, IFCP; Amy Levendusky, IFCP/Peace Corps Micronesia; and Welsiher Hagilmai, IFCP/College of Micronesia-FSM.

Mayor Milden Sackryas, former agriculture officer in Pohnpei, provided excellent facilitation of the visit, organizing lodging and meals for the four-member team, making arrangements for the meetings, and assisting in obtaining planting materials and information on the varieties.

Aims

Specific aims of the visit included:

- Documenting giant swamp taro (*Cyrtosperma chamissonis*) varieties
- Documenting pandanus (*Pandanus tectorius*) varieties
- Sharing the “Yellow Varieties Message” + creating awareness of values of local foods
- Collecting giant swamp taro and pandanus planting material for the Pilot Farm collection
- Collecting samples for analysis for carotenoid content
- Working with the community on their needs for conserving/promoting local foods/varieties

Additional aims included:

- Identifying key people who may become involved in further local food promotion
- Sharing the Pohnpei Carotenoid-Rich Banana Varieties & Local Foods posters
- Providing the dried Marshallese pandanus paste for tasting and possible interest
- Providing IFCP “Let’s Go Local” t-shirts to those assisting in the visit
- Providing health messages on overweight, taking waist measures of women, introducing the concept of increased health risks with waist measures >88 cm (for women)

Meeting and Activities

After arrival, a meeting was held with Mayor Milden Sackrayas in order to discuss the aims of the visit. Mayor Sackrayas arranged that the people working for the municipal government and council provide food and lodging for the team. He offered full support for assisting in the collection of giant swamp taro planting material for the collection at the Pilot Farm in Pohnpei, providing information on the characteristics, and making arrangements for the group meetings.

The first day focused on visiting the taro patch, taking photographs of the plants and varieties, and documenting the characteristics. The second day focused on the session at the school and collecting the different varieties of planting material and taking the photographs for a possible poster. A fishing competition took place on that day, with a record number of fish caught (876 pieces, mostly skipjack tuna); the prize giving at the beach was attended and photographed. The third day focused on finalizing the documentation of characteristics of the giant swamp taro varieties and meeting with the women after church.

Three main awareness meetings were held, including over 140 participants (Appendix 1-3):

- Friday January 5, 2007, 5 pm: Community meeting at municipal office
- Saturday January 6, 2007, 10 am: Session with teachers and students at the school
- Sunday, January 7, 2007, 6 pm: Women's group meeting at the municipal office

Messages shared included:

- Aims of the trip to Pingelap
- Importance of local food: for food security, health, culture, income, environment
- Being happy: depends on being healthy, which depends on diet and physical activity
- Yellow varieties message: those with more yellow flesh have greater health benefits
- Project in Mand and study results: reliance on imported foods and serious health problems including diabetes, overweight, dental caries.
- Importance of breastfeeding and good infant feeding.
- Digestion (showed the Digestive Tract Poster).

Materials provided to Pingelap:

- Pohnpei Carotenoid-Rich Banana Varieties & Carotenoid-rich Foods posters (3 sets) (wood-framed set given to the school for hanging in the school library; the other sets were mounted at the Dispensary and Community Hall where many could see them)
- "Let's Go Local" t-shirts (21) given to those who had assisted in the visit

Information and Materials Collected (Appendix 4-9)

Giant swamp taro: Information was obtained on all varieties presently growing in Pingelap (Appendix 4). Photographs were taken on the varieties, with the plan for eventually developing a poster for giant swamp taro. It was agreed that a photo of the plantlet along with close-up photos of the stalk, corm flesh color, and leaf as inserts would be important for this.

On reviewing the characteristics of the varieties, informants first described the varieties by the stalk color, comparing to a well-known variety such as *Nein Sehm* (reddish with no zigzag stripe) or *Nein Seria* (greenish with a zigzag stripe), and then explaining the differences.

There is a very high value set on giant swamp taro. The 2004 Pingelap Municipality Fair results showed no variety categories for this crop, although there were variety categories for banana, breadfruit and other crops. The officer explained that people value their taro so much that they are unwilling to pull up the corm for a prize of \$10 (Appendix 8).

One informant stated that he was not aware about people in Pingelap making dried pandanus paste (*Sehnikun in Kipar*), but that he remembered how people used to make *Sehnikun en Mweiang* (this is still to be confirmed). The *mweiang* was cooked, by baking or boiling, then ground and kneaded until very sticky, and then put out to dry, for maybe five days. It was then wrapped very tightly in taro leaves and stored until it was eaten. The other way of preserving *mweiang* was by making *takapwipwi*: baking, cutting in 1 inch slices and drying.

Pandanus: Informants were well-aware of the names of the pandanus varieties grown on the island (Appendix 5). Informants explained that there is a season for pandanus and different varieties are known for their time in the season, although this appears to be changing and is somewhat “mixed up.” The varieties according to their time in the season were listed as follows:

Pandanus varieties becoming ripe first in the season

- *Muisamuis, Nehnkesak, Eiseseul, Soapwoahdin, Esies*

Pandanus varieties becoming ripe in the middle of the season

- *Swaipwehpwe, Erwaan, Esera*

Pandanus varieties becoming ripe at the end of the season

- *Asipwihrek, Sohnmenia, Kipar en Mwahsal,*

Samples of the Marshallese preserved pandanus paste were given out in all three group meetings. Both adults and children liked the taste. There were none who recalled that this food product had been prepared in Pingelap in the past. People are no longer cooking pandanus and extracting the pulp. The mayor noted that people used to cook pandanus and extract the pulp for making ‘*mateilek*’, making several dishes, but that young people no longer know about this.

Banana: There are several varieties growing on the island (Appendix 6). One of the co-authors noted that there has been a shift in the cultivation of bananas, with more planted close to homes, whereas previously bananas were mainly planted in a separate area, *Pwelin Wis*, which is in the area *Nenwis*. Also *Karat* used to be common on Pingelap, but now is rare or may be gone.

Breadfruit: Informants noted that there are several varieties (Appendix 7) and pointed out the *Meisi* seeded breadfruit variety has a distinctive lacy-like leaf. They explained that the *Meipa* seeded breadfruit is becoming somewhat rare on the island and suggested that this is because this variety does not grow well when the fruits are left unharvested on the tree. It was suggested that *Meipa* may be susceptible to the breadfruit disease commonly called “Pingelap disease” or “dieback”.

Coconut: There is an abundance of coconut and coconut embryo (*pahr*) on the island and several varieties (Appendix 7). An informant noted that previously *pahr* was cooked and served as part of family meals but is a food that is presently underutilized in Pingelap.

Other: There is an abundance of fish and seafood on the island, the consumption of which should be promoted. Charcoal ovens appeared to be common on the island and photos were taken of one that was used during the visit. The invasive weed *Airam* (*Clerodendrum paniculatum*, see the Pohnpei Invasive Weeds poster) is still a problem. A researcher, Ryoko Hattori, University of Hawaii, was in Pingelap doing a dissertation on Pingelapese language; she offered to later provide information on Pingelap food terminology (rhattori@hawaii.edu).

Materials collected for Pohnpei: The following was collected and brought back to Pohnpei:

Giant swamp taro (5 plantlets per variety): *Mweiang en Inparahw* *Mweiang Mwas*
Nein Aikem *Nehn Sehm*
Nein Seria *Nein Silingden*
Nein Pisop *Simihden*

Pandanus root planting material: *Swaipwehpwe*
Pandanus for analysis: *Esara*

Conclusions and Recommendations

There is an abundance of local food on the island, such as taro, banana, and coconut, but there are large stocks of rice kept and evidence that many families are heavily relying on rice as their staple food. A visit to the taro patch and discussions with island leaders indicate that there is neglect of the local food crops. Because of the large stock of coconut embryo, it is recommended that people start including this in their meals. Many coconut trees are old and need replacing. There was much knowledge relating to pandanus and other atoll island food crops, but insufficient time to complete the documentation. Note was made that young people do not know about certain methods of traditional food preservation.

A study of waist circumferences among women showed that overnutrition is common and is likely to be a contributing factor to chronic disease, such as diabetes, which is a serious problem on the island. Many children were consuming sweet refined foods.

The women's group asked that a return visit be made to Pingelap to assist them in awareness on food and health issues and a request was made for planting material of rare banana varieties.

A return visit to Pingelap is recommended in order to:

- Continue the documentation of food crops and varieties and document local food recipes. (those contributing recipes to be photographed and given an IFCP *Let's Go Local* t-shirt)
- Continue training on awareness of the values of local food and relationship of diet and health, along with participatory discussions on infant feeding.

- Take waist measurements for the men and repeat with the women.
- Collect qualitative 24 hour recall information among women and children.
- Collect planting material for giant swamp taro and pandanus varieties not yet collected.
- Provide banana planting material of *Karat*, *Akadahn*, *Akadahn Weitahta*, *Utiak*, and *Mangat* to Pingelap, as requested.

Acknowledgements

The community of Pingelap is warmly thanked for their generous provision of lodging and food while on the island, participation in the group meetings, and assistance in obtaining information and planting materials. The Pacific German Regional Forestry Project and Sight and Life are thanked for funding support.

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Appendix 1 Participants in Community Meeting Friday January 5, 2007, 5 pm

Participant Name	Gender	Participant Name	Gender
1. Alex, Oltrick	M	29. Ranis, Rensihner	F
2. Biza, Nedy	F	30. Rizana, Lohra	F
3. Boaz, Ansein	F	31. Robert, loichy	M
4. Boaz, Nixon	M	32. Robert, Lipihdes	F
5. Charley, Alimihner	F	33. Robert, Meriam	F
6. Charley, Serlin	F	34. Robert, Yvonne	F
7. Charley, Serlina	F	35. Robonei, Dirinos	M
8. Delensa, Anselihse	F	36. Sackryas, Medilda	F
9. Dewey, Ainstain	M	37. Sackryas, Milden	M
10. Diopulos, Erina	F	38. Sackryas, Misima	M
11. Ehmes, Bethuel	M	39. Samson, Suana	F
12. Ehmes, Enrihse	F	40. Sanel, Arihdes	F
13. Ernest, Eredes	M	41. Boaz, Kodaro	M
14. Ezekiel, Marihner	F	42. Boaz, Pernise	F
15. Ezra, Smith	M	43. Boaz, Kendy	M
16. Hattori, Ryoko	F	44. Sohswel, Ohnio	M
17. Higgins, Melelany	F	45. Solomon, Deborah	F
18. James, Esidar	F	46. Solomon, Isiaro	M
19. Jop, Dadiana	F	47. Solomon, Merihna	F
20. Jop, Hudson	M	48. Solomon, Meira	F
21. Kiahd, Erwin	M	49. Solomon, Rosa	F
22. Kiahd, Swihner	M	50. Solomon, Yasio	F
23. Kullion, Mariko	F	51. William, Sohph	M
24. Ohrey, Pertick	M	52. Dihras, Ampiris	F
25. Pernas, Pernes	M	53. Dihras, Erdihse	F
26. Pernas, Elipiri	F	54. Yens, Oinike	F
27. Pony, Erick	M	55. Yens, Yenson	M
28. Ranis, Jefferson	M		
Facilitators			
1. Kiped Albert	M	3. Welsihter Hagilmai	F
2. Dr. Lois Englberger	F	4. Amy Levendusky	F

Appendix 2 Participants in the Schoolchildren Session, Saturday January 6, 2007, 10 am

Teachers	Facilitators
Damaso Endere, Principal	Kiped Albert
Erwin Kiahd, Teacher	Dr. Lois Englberger
Ipraim Capelle	Amy Levendusky
Aldrin Clark	Ryoko Hattori, Japanese researcher
Schoolchildren: 45 present (total in school=76). Class 1 to 8. Ages from 7 to around 15 years.	

Appendix 3 Participants in the Women’s Group Meeting Sunday January 7, 2007, 6 pm

Name	Waist ¹	Name	Waist ¹
1. Aia, Silihna	√	23. Iohp, Dadiana	√
2. Andon, Kimberly	√	24. Iohp, Rohsliner	
3. Aizeiam, Piuper	√	25. Pehnos, Karlihse	
4. Boaz, Ansein	√	26. Kiahd, Swihner	√
5. Capelle, Delihda	√	27. Kullion, Mariko	√
6. Charley, Alimihner	√	28. Sackryas, Marcy	√
7. Charley, Serlin	√	29. Pernas, Elpiri	√
8. Charley, Serlina	√	30. Pony, Rihdes	√
9. Clark, Basy		31. Rannis, Sasko	√
10. Cornelios, Shra	√	32. Rannis, Rensihner	√
11. Dewey, Rihped		33. Ringlen, Rohs	√
12. Dihson, Siena	√	34. Rizana, Lohra	√
13. Diopulos, Erihna	√	35. Robert, Lipihdes	
14. Ehmes, Enrihse	√	36. Sackryas, Medihlda	√
15. Ehmes, Kihna	√	37. Sanel, Arihdes	√
16. Else, Anselihse		38. Sasko	
17. Endere, Dompelihna	√	39. Boaz, Pernihse	√
18. James, Esidar	√	40. Solomon, Deborah	√
19. Ezekiel, Marihner		41. Solomon, Merihna	√
20. Ezra, Alese	√	42. Solomon, Yasio	√
21. Higgins, Melelany	√	43. Charley, Youleen	
22. Hospein, Kenneth			

Facilitators

- | | |
|------------------------|-------------------|
| 1. Dr. Lois Englberger | 3. Amy Levendusky |
| 2. Welsihter Hagilmai | 4. Kiped Albert |

¹WAIST CIRCUMFERENCE MEASUREMENTS

The results of the waist circumference measurements showed a range 78 cm to 111 cm.

The mean waist circumference was 98 cm (n=33 women).

Of those women participating in the waist measurements, 31 (94%) had unhealthy waist circumferences; 2 (6%) healthy.

Appendix 4 Giant Swamp Taro (*Mweiang*) Cultivars Growing in Pingelap

Variety Name	Corm Size	Corm Color	Stalk Color, Design, and Size	Thorns	Leaves	Other
<i>Mweiang en Inparahw</i>	small	DSM 1	Green like <i>Nein Seria</i> , but lighter & smaller	no	pointed	Smallest corm of all. This is considered a hybrid of <i>Simihden</i> , developing from the flowers.
<i>Mweiang Mwas</i>	medium	DSM 2-3	Dark green/purplish/with stripe	no	round	
<i>Mweiang en Ngatik</i>	medium		Pink/no stripe like <i>Nein Sehm</i> but thorns	yes	pointed	Brought from Ngatik Atoll
<i>Nein Aikem</i>	medium	DSM 1	Dark purple/no stripe	no	round	Two types, one has bigger leaf. Big plant; fibrous corm; used mainly for grinding or competitions; corm often starts rotting if roots are disturbed. Few suckers, now getting rare, similar to <i>Simihden</i> .
<i>Nein Pisop</i>	big	DSM <1-2	Green like <i>Nein Seria</i> , but no stripe	no	pointed	Common on the island. Takes a lot of space due to its size.
<i>Nein Sehm</i>	big	DSM 3-	Pink/no stripe	no	pointed	Two types; one is taller, has less suckers; common on the island.
<i>Nein Seria</i>	big	DSM 1	Green/with stripe	no	round	
<i>Nein Silingden</i>	medium	DSM 3	Light green/no stripe	no	pointed	Very distinctive, “none like it”
<i>Nein Wais</i>	big		Pink/no stripe like <i>Nein Sehm</i> , but more yellow	no	pointed	New
<i>Saleng Walek</i>	medium		Dark green/with stripe	no	pointed	Has a growth under the leaf; its name “ear” refers to this.
<i>Simihden</i>	big	DSM 2-5	Green like <i>Mweiang Mwas</i> but lighter	no	round	The favorite for taste. Few suckers, getting rare, similar to <i>Nein Pisop</i> .
<i>Sounpwongweneu</i>	medium		Pink/no stripe like <i>Nein Sehm</i> but smaller	no	pointed	Common on the island. Similar to <i>Nein Seim</i> but smaller plant.

Various comments given by informants:

The flowers sometimes produce new types of taro, as in the case of *Mweiang Mwas*, developing from *Simihden*.

The taste of the corm depends sometimes on where it is planted; in shady and watery areas texture is soft.

Chemical fertilizer was tried on this crop, but it causes corm to be soft and poor in taste; there is a fast growth but mushy flesh.

The stalk color is lighter when planted in shadier areas. Stalks with lighter pink and yellow color may be dying leaves.

In general, a bigger corm is stringy and has a fibrous texture.

Appendix 5 Pandanus (*Kipar*) Cultivars Growing in Pingelap

Variety Name	Comments	Other
<i>Asipwihrek</i>	Is the best for the pulp; is the most popular as it has many uses, for mateilek to add to grinded taro. A big tree.	Appeared in 2004 Fair
<i>Eiseseul</i>	Said to be the original pandanus of Pingelap; keys are bigger and when ripe, the edible part is very big.	Appeared in 2004 Fair
<i>Erwahn</i>	Name refers to wild varieties; fruit of these are sometimes itchy and not consumed.	
<i>Esera</i>	Tree is shorter than other trees.	
<i>Esies</i>	This variety has very soft keys, which can be bitten open to obtain the white seed in the green part of the key; name means bite and tear. The variety is very rare and may no longer be on the island.	
<i>Kipar en Mwahsal</i>	There are at least two types; they are varieties brought from the Marshall Islands.	
<i>Luaramwahn</i>	A Marshallese variety.	
<i>Makosokosok</i>		
<i>Muisamwis</i>	It is good but its name explains that chewing too many may cause a person to be nauseous. Has short leaves, making the tree variety easy to identify even without the bunch.	Appeared in 2004 Fair
<i>Nehnkesak</i>	Smallest key of all varieties.	Appeared in 2004 Fair
<i>Soapwoahdin</i>	Known for its sweetness.	
<i>Sohnmeneia</i>	Biggest bunch of all cultivars.	
<i>Swaipwehpwe</i>	A Marshallese variety. Sweet but also distinctive for being crunchy.	Appeared in 2004 Fair

Notes: Fruit is itchy if the plant is allowed to grow from seed. *Rah Kapalehle*: pandanus branch used for planting (has an aerial root). See further information on these varieties documented in the Mand Report (Englberger et al. 2005). This needs further confirmation.

Appendix 6 Banana (*Wis*) Cultivars Growing in Pingelap

Pingelap Name	Other names	Comments
<i>Aruw Wis</i>	<i>Inasio</i>	Appeared in 2004 Fair
<i>Inek Wis</i>	<i>Utin Ruk</i>	
<i>Daiwang</i>		Appeared in 2004 Fair
<i>Fisi</i>	<i>Utin Pihsi</i>	Appeared in 2004 Fair
<i>Dama</i>	<i>Utin Kerenis</i>	

Note: Previously had *Iemwahn*.

Pingelap Name	Other names	Comments
<i>Amerika</i>	<i>Preisihl</i>	
<i>Wis Karahs</i>	<i>Karat</i>	Appeared in 2004 Fair
<i>Lokoia</i>	<i>Kaimana</i>	Appeared in 2004 Fair
<i>Wis Lakadahn</i>		

Appendix 7 Other Foods and Cultivars

Pingelap Name	Comments	Pingelap Name	Comments
Breadfruit		Coconut	
<i>Meipa</i>		<i>Adohl</i>	Appeared in 2004 Fair
<i>Meisi</i>		<i>Nirir</i>	
<i>Mein Sepwehrek</i>	Appeared in 2004 Fair. Salt-water resistant, brought from Madolenihmw.	<i>Nih Soal</i>	
<i>Mei Mokil</i>	Appeared in 2004 Fair	<i>Nih Weisahsa</i>	
<i>Mei Kalak</i>		<i>Nih Mahauo</i>	
<i>Mei Uhpw</i>		<i>Nih Kosrae</i>	
Sugar Cane		<i>Colocasia taro</i>	
<i>Sehu Kalak</i>	Still used for making apologies.	<i>Pakorn</i>	
<i>Sehu Kalai</i>	Few left, very small variety.	<i>Sawa Soal</i>	
<i>Sehu Soal</i>	Black stalk.	<i>Sawa Weisahsa</i>	
<i>Sehu Weisahsa</i>	Red stalk.	<i>Sawa Mweiang</i>	
<i>Sehu Palau</i>			
<i>Sehu Iesehng</i>	An old variety.		
<i>Sehu Alahl</i>	Also called <i>Seni</i> .		

Yam: *Kehpeneir*

Appendix 8 Information from the Pingelap Municipality Fair 2004

Mweiang- seuseu			Prize	Mweiang- reirei			Prize	Kipar - Aspwirek		
1. Junior Iochy Robert	lb 64	\$13		1. Junior Iochy Robert	24 in	\$13		1. Lorrin E	lb 29	\$8
2. Sohdam Sohdam	lb 57	\$11		2. Sohdam Sohdam	22 in	\$11		2. Erepes I.	lb 27	\$7
3. Iksahle C.	lb 56	\$9		3. Iksahle C.	21 in	\$9		3. Lanzo L.	lb 25	\$6
Wis – Aro				Wis - Aro				Kipar - Suaipwepwe		
1. Rosie I.	lb 44	\$8		1. Sapino Andon	lb 38	\$8		1. Lorrin E	lb 29	\$8
2. Kenchy S.	lb 42	\$7		1. Rosie I.	lb 38	\$8		2. Erepes I.	lb 27	\$7
3. Merian S.	lb 36	\$6		2. Dewey Dewey	lb 32	\$7		3. Lanzo L.	lb 25	\$6
				3. Lamzo Lanzo	lb 28	\$6				
Wis – Pisi				Wis Keras				Kipar - Nenekesak		
1. Leon C.	lb 70	\$8		1. D H	lb 10	\$8		1. Erepes I.	lb 36	\$8
2. Dewey D.	lb 58	\$7						2. Mixon E.	lb 29	\$7
3. Selihna A.	lb 54	\$6								
Wis – Lilli				Wis Daiuang				Kipar - Esesoul		
1. Romio S.	lb 84	\$8		1. Ilimen J.	lb 28	\$8		1. Isiaro	lb 19	\$8
2. D H Iohp	lb 56	\$7		2. Soh p W.	lb 20	\$7		Kipar – Mwisamwis		
3. Dirinos R.	lb 52	\$6		3. Pernes P.	lb 19	\$6		1. Merian Samson	lb 23	\$8
Kehp - Seuseu										
1. Kensily Kennath	lb 3/4	\$8		Mei - Mwekil				Mei - Sapwerik		
2. Mersain Charley	lb 1/2	\$7		1. Ben H.	lb 5.25	\$8		1. Kenchy S.	lb 6.25	\$8
				2. Kenchy S.	lb 4.33	\$7		2. Corden E.	lb 5.25	\$7
Adohl- Seuseu				3. Kensily K.	lb 4.33	\$7		3. Isiaro S.	lb 4.25	\$6
1. Duane E.	lb 12.75	\$7		4. Yukiwo S.	lb 4	\$6				
2. Elipiry P.	lb 8.75	\$6						Sew – Palau		
3. Kellen S.	lb 8.33	\$5		Sew - Sehni				1. Gorgy E.	lb 8	\$7
Adohl - Kehl				1. Mihna S.	lb 13	\$7		2. Alwina S.	lb 5	\$6
1. Selihna S.	lb 41	\$7		2. Leo C.	lb 10	\$6		3. Iohp I.	lb 4	\$5
2. Yohper I.	lb 38	\$6		3. Shera I.	lb 9	\$5		Sew - Soahl		
3. Iochy R.	lb 28	\$5						1. DH I.	lb 11	\$7
				Sew - Soahl				2. Maileen S.	lb 6	\$6
Ben – Seuseu 1 st Prize				1. Medilida S.	lb 8	\$7		Sewa - Seuseu		
1. Behn H	lb 4.5	\$7		2. Dipis C.	lb 5	\$6		1. Eddie E.	lb 3/4	\$7
2. Bensner R.	lb 4.5	\$7		3. Iohp I.	lb 5	\$6		2. Kenisly K.	lb ½ 11 oz	\$6
3. Sabino A.	lb 4.5	\$7		4. Rohs R.	lb 4	\$5		3. Mary Jane C	lb ½ 9 oz	\$5
4. Ansin E.	lb 4.5	\$7		Notes: Data here re-typed from the original except for Ben-Seuseu 2 nd and 3 rd prizes for 13 people.						

Appendix 9 Photographs Taken

Folder Name	Photo (number of photos taken)	Folder Name	Photos (number of photos taken)
Aerial shots: Pingelap Atoll and Pohnpei (return)	Arrival in Pingelap (1)	People	Airport arrival and departure (3)
	Taro patch (8)		Fishing competition (7), eating liver/heart (1)
	Pohnpei on return (8)		Basketball (1), children (12)
Local Foods and Plants	Arrowroot plant and seed (6)		Husking coconut, Oltrick (1)
	Breadfruit: <i>Meisi</i> , leaves (1)		Grandma/child (2); mom/child (2)
	Charcoal oven (3)		Kiped, Amy, Milden (5) Welsy-Alaska
	Dried fish and drying rack (3)		Lois interviewing Oltrick (1)
	Coconut crab (3)		Perden Samson house (2) post office (2)
	Cooked dishes (2)		Community hall and chicken in tree (1)
	Fresh skipjack tuna (1)		Welsy (2), + friend (2), Welsy/Lois (1)
	Invasive plant, <i>Airam</i> (1)		Team/Milden/airport (2), in plane
Pandanus	<i>Asipwihrek</i> bunch	School visit	Pingelap Elementary School (building)
	<i>Esera</i> bunch (2); tree (2)		Damaso (Principal), introducing group
	<i>Kipar en Mwahsal</i> bunch		Group photo inside (2)
	<i>Muisamwis</i> bunch (2); <i>Eseseul</i>	Scenery	Group photo outside with food posters
	<i>Kipar en Mwahsal</i> Key, Color Fan		Team/school garden, church inside, outside (2)
	Aerial roots (3); Male flower (2)		Taro sea wall (1), airport/runway (3)
	Boy carrying harvested ripe bunch		Houses, Alaska, beach, pig (5)
Planting material: <i>Swaipwehpwe</i>		Boats, fishing competition (3)	
Taro Patch	Taro patch, aerial view	Taro Poster	<i>Nein Seria</i> , plant, stalk, color fan
	Taro patch, man-made		<i>Nein Aikem</i> , plant, stalk, color fan
	Taro patch, from high spot		<i>Nein Silingden</i> , plant, stalk, color fan
	Taro patch, Kiped		<i>Nein Sehm</i> , plant, stalk, color fan
	<i>Mahs</i> plant, for taro composting		<i>Mweiang Mwas</i> , plant, stalk, color fan
			<i>Mweiang en Inparahw</i> , stalk, color fan
			<i>Simihden</i> , plant, stalk, color fan, leaf
			<i>Nein Pisop</i> , plant, stalk, color fan, leaf